

MyPlate

Fruits

1 ½-2 cups each day

Focus on whole fruits

1 CUP FRUIT =

- 1 cup berries (raspberries, strawberries, blueberries)
- 1 cup canned fruit
- ½ cup dried fruit

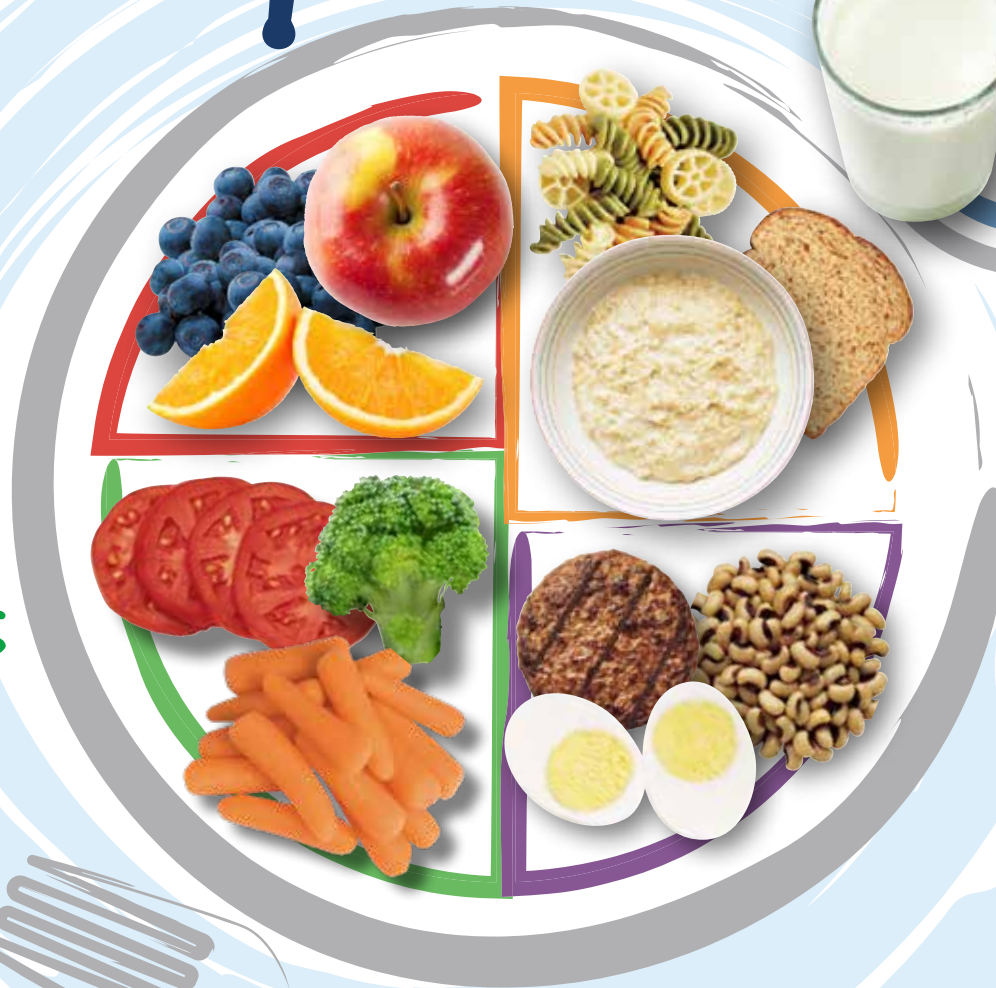
Vegetables

2-3 cups each day

Vary your veggies

1 CUP VEGETABLES =

- 1 cup broccoli
- 1 cup tomatoes
- 2 cups raw leafy greens, like spinach



Dairy

3 cups each day

Switch to fat-free or low-fat (1%) milk

1 CUP DAIRY* =

- 1 cup low-fat yogurt
- 1 ½ ounces low-fat cheddar or string cheese
- 1 cup fat-free or low-fat milk including flavored milk

Grains

5-8 ounces each day

Make at least half your grains whole grains

1 OUNCE GRAINS =

- 1 slice whole wheat bread
- ½ cup cooked pasta or brown rice
- 1 cup ready-to-eat breakfast cereal

Protein

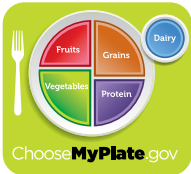
5-6 ½ ounces each day

Go lean with protein

1 OUNCE PROTEIN =

- 1 ounce cooked lean meat, poultry or fish
- 1 large egg
- ¼ cup cooked beans

*Calcium-fortified foods and beverages may not provide the other nutrients found in dairy products. Check the labels.



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Breakfast

Jump Start the Day Parfait

6 ounces low-fat yogurt
½ cup sliced strawberries
½ cup low-fat granola



Lunch

Turkey Sandwich

2 slices 100% whole-grain bread
2 ounces turkey slices
(medium slices)
1 ounce low-fat colby cheese
2 slices tomato
1 teaspoon stone-ground mustard

Side Salad

2 cups spinach leaves
½ cup red pepper slices
¼ cup chopped carrots
2 tablespoons balsamic vinaigrette

Pear Slices

1 small pear, sliced

Beverage

1 cup low-fat regular
or flavored milk



Dinner

Salmon with Fruit Salsa

3 ounces salmon, baked or grilled
¼ cup diced pineapple
¼ cup diced mango

Sautéed Green Beans

¾ cup green beans
1 teaspoon olive oil

Rice

1 cup cooked brown rice

Beverage

1 cup low-fat regular or flavored milk

Snack

1 tablespoon unsalted
almonds
1 cup plain popcorn



Putting it all together!

- Focus on whole fruits.
- Vary your vegetables.
- Make half your grains whole.
- Move to low-fat and fat-free dairy.
- Vary your protein routine by including lean proteins, such as chicken, fish and legumes.
- Choose healthy oils, such as olive oil.

Visit www.choosemyplate.gov
for more tips and
information.

Physical Activity

Make physical activity a regular part of EVERY day! Physical activity is important to lower your risk of chronic disease and build and maintain healthy bones and muscles. Choose activities that you enjoy at home, work and play!

- Choose the stairs.
- Park at the back of the parking lot.
- Take short walk-breaks from your daily routine.
- Enroll in a fitness class or try a new sport.

Being physically active YOUR way, while eating a balanced diet every day, may lead to better health. Before beginning a new form of exercise, be sure to consult your doctor.

Remember:

Everything in moderation. Choose foods and beverages with less saturated fat, added sugars and sodium. Limit fast foods and processed grains.